Suicide Prevention During the Holidays

Suicide Facts and Myths

(1 of 2)

MYTH: Suicidal persons are crazy.

FACT: Most suicidal persons are not crazy.

MYTH: All suicidal people want to die and there is nothing that can be done about it.

FACT: Most suicidal people are undecided about living or dying. They may gamble with death, leaving it to others to rescue them. Frequently they call for help before and after a suicide attempt.

MYTH: People who talk about suicide rarely attempt or commit suicide.

FACT: Nearly 80 % of those who attempt or commit suicide give some warning of their intentions. When someone talks about committing suicide, they may be giving a warning that should not be ignored.

Suicide Facts and Myths

(2 of 2)

MYTHS: Once a person is suicidal, they are suicidal forever.

FACT: Most suicidal people are that way for only a brief period in their lives. If they attempter receives the proper assistance and support, they will probably never be suicidal again. Only about 10% of attempters later complete the act.

MYTHS: Improvement following a suicidal crisis means the risk is over.

FACTS: Many suicides occur within 90 days after the beginning of “improvement” when they seem to have the energy to act on morbid thoughts and feelings. The desire to escape life may be so great that the idea of suicide represents relief from a hopeless situation. Therefore, we must be particularly attentive to the suicidal individual.

MYTH: Talking to someone about suicidal feelings will cause them to commit suicide.

FACTS: Talking to someone about their suicidal feelings usually makes the person feel relieved that someone finally recognized their emotional pain and they feel safer talking about it.

Why Do People think of Suicide?

- Problems seem overwhelming
- Suicidal people have “blinders” on which cause them to focus on the emotional pain caused by the problem
- Their aim is rid themselves of the pain
- Since they feel hopeless and helpless, they assume they are worthless
- The only answer they have is to end the emotional pain by ending their life

Suicidal Triggers During Holiday Season

- Loneliness- separation of family members during the deployment
- Bad Memories- Past painful events may have happened during the holiday season
- Tragic Event- a recent tragedy may trigger suicidal thoughts

What Can You Do To Help?

- Watch out for your buddy or friend
- If friend's behavior changes suddenly, get help
- If someone says they want to kill themselves, take it seriously and do not leave them alone- call for help

Resources You Can Use

- Military Police
- Commander or 1SG
- Chaplain
- Army community Services
- Mental Health

Remember!

"The Life You Save, May be a Friend's"